

# Brown Rice Pilaf

Grains/Breads

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B-22

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown rice, long grain, regular	2 lb 14 oz	1 qt 3 ¼ cups	5 lb 12 oz	3 qt 2 ½ cups	1. Place 1 lb 7 oz of brown rice in each steamtable pan (12" x 20" x 2 ½"). For 50 servings use 2 pans. For 100 servings, use 4 pans.
Enriched white rice, long grain, regular	1 lb 11 oz	1 qt	3 lb 6 oz	2 qt	
OR Enriched white rice, long grain, parboiled	OR 1 lb 13 oz	OR 1 qt ¾ cup	OR 3 lb 10 oz	OR 2 qt 1 ½ cups	2. Place 13 1/2 oz regular rice  OR 14 1/2 oz of parboiled rice into each steamtable pan (12" x 20" x 2 ½").
Chicken stock, non-MSG		1 gal 1 ½ cups		2 gal 3 cups	3. Heat the chicken stock, pepper, and onions in a pot. Bring to a boil.
Ground black or white pepper		½ tsp		1 tsp	
*Fresh onions, diced 1/4 "	4 oz	¾ cup	8 oz	1 ½ cups	
OR Dehydrated onions	OR 1 oz	OR 2 Tbsp	OR 2 oz	OR ¼ cup	
					4. Add 2 qt 1 cup of hot chicken stock mixture to each pan. Cover with foil or metal lid.
					5. Bake: Conventional oven: 350° F for 50 minutes Convection oven: 350° F for 40 minutes Steamer: 40 minutes  CCP: Heat to 165° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher.  Portion with No. 8 scoop (½ cup).

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	5 oz	10 oz

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SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides 1 serving of grains/breads.	<b>50 Servings:</b> about 12 lb 7 oz	<b>50 Servings:</b> about 1 gallon 2 ¼ quarts 2 steamtable pans
	<b>100 Servings:</b> about 24 lb 14 oz	<b>100 Servings:</b> about 3 gallons 2 cups 4 steamtable pans
Tested 2004		

Nutrients Per Serving					
<b>Calories</b>	146	<b>Saturated Fat</b>	0.21 g	<b>Iron</b>	0.83 mg
<b>Protein</b>	3.50 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	16 mg
<b>Carbohydrate</b>	30.37 g	<b>Vitamin A</b>	0 IU	<b>Sodium</b>	55 mg
<b>Total Fat</b>	0.97 g	<b>Vitamin C</b>	0.3 mg	<b>Dietary Fiber</b>	1.6 g